

Eastern Loudoun Basketball League (ELBL) House Basketball Rules

1.0 Purpose

These Eastern Loudoun Basketball League (ELBL) League Rules (“Eastern Loudoun Basketball League Rules”) are written to insure a balanced blend of sportsmanship, recreation, skill development, and competitive activity in keeping with the intent and spirit of the ELBL. Anyone attempting to negate the intent of these shall be denied participation in League programs.

2.0 General Rules

The League reserves the right to interpret and modify these rules as needed to ensure the desired philosophy and playing experience achieved.

2.1 Prevailing Rules

All games shall be played and officiated in accordance with the current Basketball Rules of the National Federation of State High School Associations (NFSHSA). The objective of the ELBL Rules is to complement the NFSHSA to enhance the opportunities for all participants and to ensure that the proper recreational basketball environment is maintained. In the event there is a conflict between the NFSHSA Rules and the ELBL Rules, ELBL League Rules will apply.

2.2 Game Timing

2.2.1 Game Start/Use of Running Clock

Games need to start at the scheduled start time to ensure the league stays within its allotted gym permit hours. The normal game schedule allots one hour for the game, which includes a half time of three (3) minutes, and fifteen (15) minutes between games to complete the previous game and allow the teams for the next game to warm-up.

If the late start or pace of a game results in the game ending after its scheduled end time and the League President/Vice President is present in the gym, the League President/Vice President makes the decision when to start the next game and whether to use a running clock. If the League President/Vice President is not present in the gym to make the decision, then the Head Game Official will make the decision when to start the next game and whether to use a running clock. Division Commissioner/Coaches cannot participate in or appeal the start time or running clock decision so as to ensure there is no perception of special treatment for one team or another.

2.2.2 Stopping the Clock

The clock will stop for the following: a foul, free throws, held ball, injury, conferring with game or league officials, unusual delay in getting dead ball live, emergency in gym, granting time out to a coach, responding to scorekeeper to correct an error, and ball goes out of bounds.

2.2.3 Time-Outs

Each team will be given four (4) full timeouts per game. Time outs will be one (1) minute in length. One extra timeout is given for each overtime period in a game. Injury time outs will not be charged.

2.2.4 Lopsided Games

In the case of a lopsided game where one team has thirty (30) points or more over the other team going into the fourth quarter, a running clock will be used in the fourth quarter. The clock will stop for only the following reasons: free throws, injury, conferring with game or league officials, unusual delay in getting dead ball live, emergency in gym, granting time out to a coach, and responding to scorekeeper to correct an error.

2.2.5 Overtime

In case of a tie at the end of regulation play, one extra period of two (2) minutes shall be played. If the game is still tied after the first overtime, additional overtime periods will be played as follows:

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Regular Season: An un-timed, sudden death period will be played. The first team to score in sudden death will be considered the winner.

Tournament Play: Additional two (2) minute overtime periods will be played until a winner is determined.

2.3 Player Minimum

A team must have at least four (4) rostered, eligible players on the court to start a game and at least three (3) rostered, eligible players on the court to finish a game. In the interest of keeping the contest closer, it is highly recommended that the coach of a team playing against a team with less than five (5) players should play down with the same number of players. A team that does not have four (4) players to start a game or three (3) players to finish a game must forfeit. In the event of forfeiture, the teams may elect to play a “scrimmage”, which will not count in the standings. In such a scrimmage, rostered players from other teams in the Division may be used to complement the team that is short players or players may be “loaned” from one team to the other.

2.4 Playing Time

Adequate and equitable playing time is a key component of ELBL.

(Note: players must play 1 full quarter per half)

Every player who arrives at the gym prior to the start of the game **MUST** play at least two (2) full, unbroken quarters, but not necessarily consecutive, quarters of every game (from start to finish with no substitution). Two (2) half quarters do not equal one unbroken quarter. Players who arrive later than half-way through the first quarter must play at least one (1) full quarter (from start to finish with no substitution). Players who arrive after the completion of the first half will play at the coach’s discretion (no minimum playing time is required).

All players who arrive at the gym prior to the start of the game must play three (3) quarters before any player on their team plays four (4) quarters.

2.4.1 Exceptions to Playing Time Rule

2.4.1.1 Player Injury

In the case of an injury existing prior to start of game, the coach of the injured player shall notify the opposing coach of the player’s injury before the game is started. If a player is injured during play of the game, and the injury is minor and the player, in the judgment of the coach, can return without risk of further injury, then the coach is obligated to return the player to the game at the first opportunity. For purposes of following the playing time rules, if a player is removed due to injury during any given quarter and does or does not return to play during that quarter he/she shall be considered to have played the entire quarter from which he/she was removed.

2.4.1.2 Player Health Condition

Registration records have healthcare conditions listed. At the beginning of the season, the Division Commissioner and League President and coach should review this information and a discussion should occur with the parent/guardian concerning playing time conditions.

If a player has a recurring health condition, such as asthma, or if a player is recovering from an injury or illness, the coach should always err on the side of caution. If, in the judgment of the parent, the child can play without endangering his or her health, but stamina is an issue, the coach should inform the opposing coach prior to the start of the game. In this case, if the player needs to come out of the game he/she should be treated like an injured player above. However, abuse or misuse of this rule could result in a technical foul.

2.4.1.3 Disqualification

If a player is disqualified from the game due to having acquired five (5) personal fouls or due to ejection by the game official, then no minimum playing time applies.

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2.4.1.4 Early Departure

If a player must leave the game before its conclusion the playing time rule shall be administered as follows:

Player leaves before half-time: No minimum playing time is required.

Player leaves at half-time: Player is required to play at least one (1) full, unbroken quarter.

Player leaves after half-time but before the end of the game: Player is required to play at least one (1) full, unbroken quarter and some portion of another quarter before half-time of which no minimum playing time is required.

2.4.1.5 Disciplinary Reasons

In the event a player exhibits inappropriate behavior or poor sportsmanship during a game or a practice, the coach will have the option of disciplining that player by limiting playing time. Reducing or eliminating playing time must be done consistently under this exception. Players are not to be treated differently based on their ability.

Whenever playing time is limited for disciplinary reasons, the coach must:

Notify the player of the reason he/she is being disciplined and the specific consequences.

Notify the player's parent(s)/guardian(s) of the reason for the discipline and the specific consequences.

Notify the opposing coach that playing time is being withheld from a player due to inappropriate behavior.

Notify the Division Commissioner and League President of the reason for the discipline at least twenty-four (24) hours prior to a game.

2.4.2 Playing Time Rule Violations

The Division Commissioner and League President will review each incident when a coach/team is accused of a playing time violation. The league takes these accusations seriously. The Division Commissioner and League President will respond to each alleged violation as it deems appropriate based on a thorough review of all the facts and circumstances.

A coach that violates the playing time rules will receive one (1) warning for the first violation in the season. If any further violations occur, the team that violates the playing time rules will be required to forfeit said game and all games in which this team has played may be reviewed. Additional disciplinary action may also be taken against the coach including, but not limited to, a temporary or permanent suspension from coaching duties.

2.5 Absence from Practice or Games

If a player misses practice regularly, adjustment of minimum play time will be adjusted to one (1) quarter per game. If a player repeatedly fails to attend team practices and/or games without notifying the coach or without reasonable excuse (illness, injury, school, work, etc.), the minimum playing requirement may be waived, provided:

The coach has made all players and their parents aware of the possible consequences if a player repeatedly misses practices and/or games.

The coach notifies the Division Commissioner and League President at least forty-eight (48) hours prior to a game and obtains approval to invoke this rule.

Once the approval from the Division Commissioner and League President is obtained, the coach informs the player and his/her parents of the consequences at least twenty-four (24) hours prior to the game.

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The coach notifies the opposing coach and the scorekeeper of this disciplining action prior to the start of the game and the scorekeeper makes a note in the official game scorebook referencing this action.

Intentionally asking a player not to show up or asking a player to show up late will not be tolerated.

The ability to invoke this rule does not include a situation where a player has a regular conflict or prolonged illness which prohibits him or her from making the team's regularly scheduled practice. If a player has a regular conflict with his team's scheduled practice, the coach should make the Division Commissioner and League President aware of this conflict. The Division Commissioner should try to move this player to another team so that he or she will be able to practice with minimal conflicts.

2.6 Player Injuries

All player injuries that result in the player being removed for the remainder of a game or missing the team's next regular practice as a result of a game or practice injury must be reported. Coaches and game officials are responsible for reporting the injury through their appropriate chains (Division Commissioner and League President) so that the League President may maintain awareness of the incident and the wellbeing of the player.

2.6.1 Concussions

The NFSHSA rule regarding concussion in basketball has been amended directing game officials to remove players from a game who exhibit any one of the signs of an initial concussion. However, unlike high school sports programs, we do not have qualified medical personnel on staff or at games (team doctors or trainers) to assess players who have been removed by a game official as to whether they may return to play in that same game they were injured in.

Hence any player that is asked to leave the game due to signs of a concussion will not be permitted to return that day. We would ask that parents of the player understand this is for the safety of our youth and that the player be appropriately evaluated prior to practicing or playing in the next game.

2.6.2 Blood

If a player sustains an injury during the game that results in blood exposure to other players, the player must immediately leave the game and be attended to by a team coach or parent. Before being allowed to return to the game, all bleeding must have stopped, all blood on skin must be removed with an antiseptic wipe, and if the player's jersey/shorts are blood-stained, the player must switch into an alternate jersey/shorts or a plain white t-shirt if an alternate jersey is not available.

2.7 Technical Fouls

Any coach or player who receives two (2) direct technical fouls will be ejected from the game. Any coach who receives three (3) indirect technical fouls will be ejected from the game (e.g., technical fouls assessed as a result of a team violating the no press rule or code of conduct violations by team spectators or players on the bench).

On the first two occasions a team violates the no press rule, the game officials will stop play, warn the coach and the offending team, and award the ball to the non-offending team. After two warnings, subsequent violations of the no press rule will result in an indirect technical foul being assessed to the bench (which, as with all technical fouls, will also be assessed as a team foul). The non-offending team will shoot two free throws and retain possession of the ball.

Any player or coach harassing a game official or opposing team's player or coach, or otherwise behaving in a disruptive manner, will be asked to stop by the ranking official in the gym including, but not limited to, coaches, game officials, PRCS Facility Attendant, or League President. If these requests fail, the offending player or coach will be given a direct technical foul and, if it continues, another direct technical foul will be given and the offending player or

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coach will be ejected. If a coach is ejected and there is no assistant coach for the team, the offending coach's team forfeits the game.

2.8 Code of Conduct

2.8.1 Notification of the Code of Conduct

All members, coaches, players, and parents or guardians have signed a copy electronically when registering online or signed a physical copy when registered as a walk-in. Code of Conduct for players and spectators must be thoroughly discussed by the coaches at a pre-season joint meeting between coaches, players and parents/guardians of players.

2.8.2 Reporting of Code of Conduct Violations

If a player, coach, or spectator is cited with a Code of Conduct violation by a game official, PRCS Facility Attendant, Division Commissioner, or League President or Board Member, they should be notified at the time as to the cause of the violation and an email explaining the reason(s) for the citation of Code of Conduct violation should be sent to the League President within twenty-four (24) hours of the incident.

3.0 Division Specific Rules

3.1 Playing Time, Press, and Three Point/Foul Shots

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Boys Division	Ball Size / Rim Height	Minutes per Quarter	Score	Min. Playing Time	Press Rule	Seconds Allowed in the Paint	3-Point / Foul Shot Rules
Boys D	28.5 in. / 8 ft.	6 minutes	Reset at each Qtr. / Reset at each Half after Jan 1.	2 full quarters	No press	5 seconds	No 3-point shot / Foul shot 5 ft. from free throw line
Boys C	28.5 in. / 10 ft.	6 minutes	Regular	2 full quarters	Less than 10 point difference and only in the 4 th quarter	3 seconds	3-point shot allowed if floor has official 3-point / marking; Foul shot 20 in. from free throw line
Boys B	28.5 in. / 10 ft.	6 minutes	Regular	2 full quarters	Less than 15 point difference	3 seconds	3-point shot allowed if floor has official 3-point marking
Boys A	Regulation (29.5 in.) / 10 ft.	7 minutes	Regular	2 full quarters	Less than 15 point difference	3 seconds	
Boys 9-10	Regulation (29.5 in.) / 10 ft.	7 minutes	Regular	2 full quarters	Less than 15 point difference	3 seconds	
Boys 11-12	Regulation (29.5 in.) / 10 ft.	8 minutes	Regular	2 full quarters	Less than 15 point difference	3 seconds	

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Girls Division	Ball Size / Rim Height	Minutes per Quarter	Score	Min. Playing Time	Press Rule	Seconds Allowed in the Paint	3-Point / Foul Shot Rules
Girls D	28.5 / 8 ft.	6 minutes	Reset at each Qtr. / Reset at each Half after Jan 1.	2 full quarters	No Press	5 seconds	No 3-point shot / Foul shot 5 ft. from free throw line
Girls C	28.5 in. / 9 ft.	6 minutes	Regular	2 full quarters	Less than 10 point difference and only in the last 2 minutes of the 4th quarter	3 seconds	3-point shot allowed if floor has official 3-point marking / Foul shot 20 in. from free throw line
Girls B	28.5 in. / 10 ft.	6 minutes	Regular	2 full quarters	Less than 15 point difference	3 seconds	3-point shot allowed if floor has official 3-point marking
Girls A	28.5 in. / 10 ft.	7 minutes	Regular	2 full quarters	Less than 15 point difference	3 seconds	
Girls 9-12	28.5 in. / 10 ft.	8 minutes	Regular	2 full quarters	Less than 15 point difference	3 seconds	

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The no press rule applies to the creation of a wall at the division line of defenders which creates the same situation. See Section 2.7 Technical Fouls for game official enforcement and rule violation penalties.

3.2 Man Defense - Mandatory in 2nd Qtr. Only

Man-to-man defense is a type of defense in which each player is assigned to defend and follow the movement of a single player on offense. Often, a player guards his counterpart (e.g. center guarding center), but a player may be assigned to guard a different position. The strategy is not rigid however, a player might switch assignment if needed, or leave his own assignment for a moment to double team an offensive player with the ball.

Division “D” can play zone or man-to-man defense at any time during the game. Coaches in divisions “C”, “B”, and “A” are expected to teach and have their team play man-to-man defense in each game. Playing man-to-man defense is mandatory for the second quarter for divisions “C”, “B”, and “A”. These groups must play man-to-man defense and there must be a reasonable “arm’s-length” distance between defender and the player they are covering. It is the responsibility of the defender to remain with the player they are covering. Double teaming is allowed only when the shooter is below foul-line-extended and making a legitimate try for goal – this is called “Help Defense”.

Game officials will establish a rectangular area on the court formed by the foul line extended to the sidelines, each sideline, and the baseline. Once the offensive team brings the ball across into the front court, the defensive team must establish a man-to-man defense in that rectangular area. Once the ball passes the half-court line to the front court, defense is allowed to trap should the defense decide not to press in the backcourt.

Violations of the man defense rule will be treated as a delay of game. Delay of game actions include: deliberately spilling water on court to extend time out or stop the clock, violating boundary line plane during throw in, delaying the substitution of a player for injury or disqualification, disrupting a ball from being at the disposal of your opponent for a throw in after a made basket. The game official will signal a delay of game violation, report to the scorekeeper table, and record a delay of game violation for the offending team. Should any additional delay of game actions occur thereafter by the coach or any team member of the offending team, it would be a technical foul. Further delay of game actions will continue to be penalized with technical fouls.

Example 1: Team A is on offense and brings the ball into their front court. Team B is playing a zone defense (should be in man-to-man defense) as indicated by no defensive player following a cutter thru the paint. The game official signals delay of game and it is recorded in the book.

Later in the third quarter, Team B is once again on defense, but in a full court press when Team B player B1 sticks his hands through the boundary line plane while jumping up and down to prevent the throw in by Team A player A1 to draw a 5 second violation on Team A. Team B is assessed a technical foul which counts towards the team foul count. Since this is the second delay of game violation (first was violation of our league imposed rule of man-to-man defense), this would result in a technical foul for Team B and Team A gets two shots and receives the ball at the division line.

Example 2: Team B violates the man-to-man defense rule twice in the game and there are no other delay of game violations. Team B Head Coach is assessed the technical foul which counts toward his technical foul count and team foul count.

3.3 Second Chance

The “D” division for the first five (5) games of the season, for the entire game.

The “C” division for the first two (2) games of the season, for the entire game.

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Game officials will call violations minus fouls, stop the clock, explain the violation to the player, and then give the ball back to the player on the court where the violation occurred to re-initiate play. If the player repeats that violation again, there will be no second chance, but the enforcement of the rule.

Example: A player on Boys C Team A brings the ball down court with no pressure from Team B. Team A player A1 picks up his dribble and then dribbles again in the backcourt. The game official will call the violation for the double dribble, stop the clock, explain the violation, and then give the ball back to the player on the court where the violation occurred to re-initiate play. If Team A player A1 double dribbles again after this correction, a change of ball possession will occur as a penalty. If Team A player A1 were to double dribble at another point in the game, the player would be given the same explanation and permitted to re-initiate play.

3.4 Lopsided Games

The lopsided game rule applies to all divisions except division "D". If a team wins a game by forty (40) points or more over the other team, the Head Coach will be given a warning the first time it happens, and will be suspended for one (1) game each time it happens again.

Strategies to avoid a lopsided game include requiring players to:

- Pass the ball several times before any player takes a shot.
- Pass the ball to players who have not been the primary shooting player, so they can take a shot.
- Switch positions on the court into a position they normally do not play.

4.0 Procedures

4.1 League and Team Management

The activities expected to be performed by Coaches, Division Commissioners, and the League Board are listed in the ELBL Activities Checklist. Repeated failure to perform assigned duties may result in removal from the position by the League President.

All coaches and team managers must complete the ELBL Coaches Registration, and if eighteen (18) years or older, must also complete an NCSI background check application. Head coaches may be removed from their position if there is no registered adult coach with a completed NCSI background check application present during a team practice or game or any of their assistant coaches or team managers participate in a team practice or game and are not registered or have not completed an NCSI background check application.

4.2 Uniforms

Players must wear game jerseys issued by the League unless a waiver has been granted by the League President. Custom jerseys must be of the color designated by the League, display the League logo, and have numbers with each digit between zero (0) and five (5).

Players may not wear watches, rings, necklaces, earrings, bracelets, hard casts (even if wrapped) or other items that could present a safety hazard to themselves or other players. The only exception is a medical alert bracelet, which must then be completely covered with white athletic tape.

4.3 Tie-Breaking

The following procedures will be used to determine final division standings and seeding for post season tournament:

1. When two teams are tied in the standings, regular season head-to-head results are used as the tiebreaker.
2. If the two tied teams split their regular season games or did not play each other, the tie is broken by comparing the combined record of each team's opponents throughout the season. The team with the stronger "strength of schedule" wins.

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3. If the two tied teams split their regular season games or did not play each other, and strength of schedule is equal, the tie is broken by comparing each team's record against the team occupying the highest position in the standings, and then continuing down the standings until one team gains an advantage.
4. If three or more teams are tied, the combined records of each team against the other tied teams are used to break the tie. After this procedure, if two teams remain tied, the procedures above are followed.
5. If there is more than one tie in the standings, and when utilizing the tie breaking procedures there are a pair of teams tied, a team's record against the combined tied team is used, rather than performance against the individual tied teams.
6. If procedures above fail to establish an advantage, a coin flip to break the tie will be conducted by the League President.

4.4 Protests

Protests of games should be avoided. Unavoidable protests must be noted in the official game scorebook by the coach making the protest either during or immediately following the game under protest. Protests can only be made if the opposing team is suspected of a rule violation. Protests involving judgment calls by the game officials will not be recognized. The coach that lodges the protest must submit to the Division Commissioner in writing of the reasons for the protest within twenty-four (24) hours of the game ending. The League President will review and determine the resolution of protests.

5.0 Policies

The League will follow all policies and procedures approved and implemented by the ELBL Board of Directors. These include, but are not limited to, the following:

- Personally Identifiable Information (PII) Handling and Disclosure
- Youth Programs Volunteer Background Checks
- Anti-Harassment and Discrimination
- Reporting Child Abuse and Neglect

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Appendix A

Example of substitution matrix

Player	1st		2nd		3rd		4th		Qtrs Played
1	1	1	•	•	1	1	1	1	3.0
2	2	2	2	2	•	•	2	2	3.0
3	3	3	3	3	3	3	3	3	4.0
4	4	4	4	4	4	4	4	•	3.5
5	5	5	5	5	5	5	•	5	3.5
6	•	•	6	6	6	6	6	6	3.0

Player	1st		2nd		3rd		4th		Qtrs Played
1	1	1	•	•	1	1	1	1	3.0
2	2	2	•	•	2	2	2	2	3.0
3	3	3	3	3	•	•	3	3	3.0
4	4	4	4	4	•	•	4	4	3.0
5	5	5	5	5	5	5	•	•	3.0
6	•	•	6	6	6	6	6	•	2.5
7	•	•	7	7	7	7	•	7	2.5

Player	1st		2nd		3rd		4th		Qtrs Played
1	1	1	1	1	•	•	1	1	3.0
2	2	2	2	2	•	•	2	2	3.0
3	3	3	•	•	3	3	3	•	2.5
4	4	4	•	•	4	4	4	•	2.5
5	5	5	•	•	5	5	•	5	2.5
6	•	•	6	6	6	6	•	6	2.5
7	•	•	7	7	7	7	•	•	2.0
8	•	•	8	8	•	•	8	8	2.0

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Player	1st		2nd		3rd		4th		Qtrs Played
1	1	1	•	•	1	1	1	1	3.0
2	2	2	•	•	2	2	•	2	2.5
3	3	3	•	•	3	3	•	•	2.0
4	4	4	•	•	4	4	•	•	3.0
5	5	5	5	5	•	•	5	•	2.5
6	•	•	6	6	•	•	6	6	2.0
7	•	•	7	7	•	•	7	7	2.0
8	•	•	8	8	•	•	8	8	2.0
9	•	•	9	9	9	9	•	•	2.0

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Player	1st		2nd		3rd		4th		Qtrs Played
1	1	1	•	•	1	1	•	•	2.0
2	2	2	•	•	2	2	•	•	2.0
3	3	3	•	•	3	3	•	•	2.0
4	4	4	•	•	4	4	•	•	2.0
5	5	5	•	•	5	5	•	•	2.0
6	•	•	6	6	•	•	6	6	2.0
7	•	•	7	7	•	•	7	7	2.0
8	•	•	8	8	•	•	8	8	2.0
9	•	•	9	9	•	•	9	9	2.0
10	•	•	10	10	•	•	10	10	2.0